

Resources

211 San Bernardino

Dial 211 to get information & referrals for health and social services.

Get connected with a live operator 24 hours a day, 7 days a week.

ACCESS Unit

Children, Youth and Family Services

888-743-1478 or 888-743-1481

National Alliance on Mental Illness

[Http://www.nami.org](http://www.nami.org)

National Institute of Mental Health

<http://nimh.nih.gov>

National Mental Health Association

www.nmha.org

Depression and Bipolar Support Alliance

www.dbsalliance.org

Deaf or Hard of Hearing Relay Services

Dial 7-1-1



*Promoting Wellness,
Recovery, and
Resilience*

For questions , concerns or more
information, please contact
1-800-722-9866 or 7-1-1 for TTY users



County of San Bernardino
Department of Behavioral Health

Revised 9/10

Depression In Men



**“Now’s The Time
For Change”**

County of San Bernardino
Department of Behavioral Health

What is Depression?

Depression is a serious but treatable medical condition that affects the body, mood, and thoughts. It affects the way one eats, sleeps, how one thinks of things and one's self perception.

Men are less likely to admit to or seek help for depression, and doctors are less likely to suspect it.

- Depression in men is often masked by alcohol or drugs, or by the social acceptable habit of working excessively long hours.
- Depression typically shows up in men not as feeling hopeless and helpless, but as being irritable, angry, and discouraged.
- Even if a man believes he may be depressed, he may be less willing than a woman to seek help.

Instead of acknowledging their feelings, men with depression turn to alcohol or drugs, and become frustrated, angry or irritable.



Depressive illnesses affect an estimated seven percent of men (more than six million) in the United States.

Symptoms of Depression

- Persistent sad, anxious mood
- Feelings of hopelessness
- Feeling of guilt, worthlessness
- Loss of interest or pleasure in hobbies & activities that were once enjoyed
- Decreased energy
- Difficulty concentrating
- Trouble sleeping
- Appetite or weight changes
- Thoughts of death or suicide
- Restlessness
- Persistent symptoms such as headaches, digestive disorders, and chronic pain that does not get better with regular treatment

Treatments for Depression

Treatments of depression may include medication, talk therapy, or other strategies that you and your health care provider may want to try. The right treatment is the one that works best for you.

Seek Help!

If you are having symptoms of depression or know someone who is, seek help. There are several places in most communities where people with depressive disorders can be diagnosed and treated.

Help is available

- Family doctors
- Mental health specialists in mental health clinics
- Private clinics
- Other health professionals

More than 80 percent of people with a depressive illness improve with appropriate treatment. Not only can treatment lessen the severity of depression, but it may also reduce the duration of the episode.

Support and encouragement from family and friends can make a difference.

